

ABSTRACT

5 [046] The invention is incorporated in an exercise device comprising three
blocks: a "first block", a "second block" and a "third block". Each block has a
horizontal platform (herein, "first horizontal platform", a "second horizontal platform"
and a "third horizontal platform") upon which the user can stand on and perform all
types of exercise activity. It is preferred that three blocks are connected together by
10 two hinges (herein, a "first hinge" and a "second hinge"). It is also preferred that the
three block be of graduating heights. It is preferred that the first hinge be connected
between the first block and a first vertical corner of the second block so that the first
hinge rotates about an first axis that that is perpendicular to the plane formed by the
first horizontal platform. It is also preferred that the second hinge be connected
15 between the third block and the second vertical corner of the second block so that
the second hinge rotates about a second axis that that is perpendicular to the plane
formed by the second horizontal platform. In the preferred embodiment, the first
vertical corner of the second block is diagonally opposite from the second vertical
corner of the second block.

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